

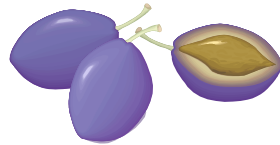
5 A Day The Color Way Eat Your Colors Every Day To Stay Healthy & Fit

Colorful fruits and vegetables provide a wide range of vitamins, minerals, fiber and phytochemicals each body needs to stay healthy and energetic, help maintain a healthy weight, protect against the effects of aging, and reduce the risk of cancer and heart disease. Eat 5 to 9 servings of fruits and vegetables from all colors of the rainbow!

Blue/Purple

Get your blues and purples every day in a low-fat diet to help maintain:

- ◆ A lower risk of some cancers
- ◆ Urinary tract health
- ◆ Memory function
- ◆ Healthy aging



Try blackberries, blueberries, plums, purple grapes, raisins, purple cabbage, eggplant, purple potatoes.

Green

Green fruits and vegetables help maintain:



- ◆ Vision health
- ◆ A lower risk of some cancers
- ◆ Strong bones and teeth

Eat green apples, green grapes, honeydew, broccoli, green beans, green cabbage, cucumbers, leafy greens, peas, green pepper, zucchini.

White

White, tan, and brown fruits and vegetables help maintain:

- ◆ Heart health
- ◆ Cholesterol levels that are already healthy
- ◆ A lower risk of some cancers



Include these in your meals and snacks: bananas, dates, brown pears, cauliflower, mushrooms, onions, white potatoes, and turnips.

Yellow/Orange

Yellow and orange in your low-fat diet helps maintain:

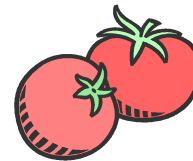
- ◆ A lower risk of some cancers
- ◆ A healthy heart
- ◆ Vision health
- ◆ A healthy immune system



Choose apricots, cantaloupe, grapefruit, oranges, peaches, pineapple, butternut squash, carrots, sweet corn, and sweet potatoes.

Red

Red fruits and vegetables are important to help maintain:



- ◆ A healthy heart
- ◆ Memory function
- ◆ A lower risk of some cancers
- ◆ Urinary tract health

Include a variety of red apples, cherries, red grapes, pomegranates, watermelon, beets, radishes, red potatoes, rhubarb, and tomatoes.

**Eat a Variety of Colors of Fruits and
Vegetables Each Day for Health!**